

TEAM 28

DETOX. RESET. REPEAT.

TEAM28 DETOX FREQUENTLY ASKED QUESTIONS

1. Q: What should I do if I feel nauseated? Why might I feel nauseated?

A: Few people experience nausea while following the 7-Day Detox Program. If you do feel nauseated, you may not have enough food in your stomach when taking Daily Build, insufficient electrolytes, primarily sodium, when following the program, or lack of elimination. If you are following the plan as outlined, your breakfast should consist of a fruit, a vegetable, Greens, GoYin and Mila when you take Daily Build, when cleansing your body of toxins and eliminating, you may be losing more electrolytes than usual. Broth was included in the plan as a way to increase sodium intake and to help minimize fatigue. Do not overlook this important aspect of the plan. Lastly, some have noted they are not fully eliminating their bowels nor are they having regular bowel movements. Intestinal regularity is a key element to the detoxification process and constipation may cause nausea. Consuming Mila, recommended amounts of water and HealthTrim® Cleanse should help keep things moving. If the nausea continues, we recommend consulting your physician.

2. Q: What should I do if I am fatigued? Why am I fatigued?

A: Most people who follow the plan experience increased levels of energy; however, everyone is different and reactions to the detoxification process will vary. The timeframe for when someone may experience fatigue is during the first couple of days. Products by PURE provide a significant amount of good nutrition, but the amount of food consumed is going to be a lot less than what someone is accustomed to eating. As a result, some individuals may feel fatigued. Consuming broth, as recommended in the PURE Detox Calendar, helps minimize fatigue. If you continue to feel fatigued, we recommend consulting your physician.

3. Q: Can I switch a Matcha Vegan Shake for a meal in the same day?

A: The best way to ensure success of the program is to follow the plan as outlined; however, as long as it is either a Shake or a Meal day, you can swap a Matcha Vegan Shake for a meal during the same day.

4. Q: Why am I not losing weight?

A: The key to success is to follow the plan as outlined. If an individual is not losing weight, they should assess their adherence to the plan. While most weight gain is caused by dietary eating patterns and/or a lack of physical activity, reasons for weight gain can vary from person to person. You may gain muscle while losing body fat. Muscle weighs more than fat so your weight may stay the same even as you lose inches. Some prescription medications, such as anti-depressants and blood pressure-reducing drugs like beta-blockers, can cause weight gain. If you have a medical condition

and/or are taking prescription medications, it is always best to consult your doctor before beginning this program. However, the most likely contributor to not achieving desired results is a lack of full adherence to the plan.

5. Q: Can I have sparkling water on this program?

A: Yes. Unsweetened sparkling water is acceptable while following the plan. It can count toward your water intake; however, drink it in place of your herbal tea as opposed to drinking it in place of plain drinking water, which is best.

6. Q: Can diabetics participate in the program?

A: If you have diabetes or another medical condition, it is recommended to consult your doctor before beginning this program. A key aspect of this plan is eliminating refined carbohydrates and sugar from the diet. For diabetics who are either taking prescription medications or insulin to manage their condition, following the plan will likely require modifications to the amount of medication taken. Do not follow this plan without consulting your doctor.

7. Q: Can breastfeeding or pregnant women follow the Detox program? Can children follow the Detox program?

A: The 7-Day Detox Program is not intended for young children and pregnant or nursing women. This plan requires dietary restrictions and a pregnant mother needs to make sure she and her developing baby receive adequate nutrition. If you are nursing, PURE recommends not following the plan without the advice and approval of your doctor.

8. Q: Do I have to eat both a vegetable and a fruit? Can I pick one? Do I have to eat them on Cleanse days?

A: The best way to ensure success of this program is to follow it as outlined. Some days suggest consuming either a fruit or a vegetable and other days recommend consuming both. A critical element of this plan is to limit or eliminate foods that will elicit a significant insulin response. Insulin produced by the pancreas is important to maintaining normal blood sugar levels and to facilitate the shuttling of glucose into cells as a source of energy. However, when we consume large amounts of refined carbohydrates (flour, pasta, etc.) and sugars, our bodies create significant insulin levels which negatively influence appetite. In the presence of insulin, leptin (an appetite regulating hormone produced in the gut) is unable to signal to the brain a feeling of fullness.

9. Q: Can I still work out while participating in the Detox program?

A: Yes, in fact we encourage regular physical activity while you are detoxing. While we have not actively promoted this program as a weight loss plan, most health experts would agree that long-term weight loss is effectively achieved through a proper balance of diet and exercise. Many individuals who have followed the 7-Day Detox Program, including those who exercise regularly, noted they were able to continue with their routine without any issues.

10. Q: How do I take Greens?

A: Greens can be taken by mixing one scoop with 8 fl. oz. of water. The taste of Greens may not be palatable for some. If this is the case, Greens may be mixed with other products as long as they are specified on the PURE Detox Calendar. For example, you can mix Greens with Mila, GoYin, Daily Build (liquid), ENERGY and any one of the superfruit juices for breakfast. You can add ice cubes and mix it in a blender to make a smoothie. You may also add stevia, if you find additional sweetness makes it more palatable.

11. Q: Is Greens the same as Green Coffee Bean?

A: No. These two products are very different in formula and function. Greens is a mix of beneficial superfoods, botanicals, superfruits and mushrooms. This product is an excellent source of phytonutrients, which provide a multitude of health benefits, such as strengthening the immune system. Greens helps supplement the daily requirement of fruits and vegetables. Green Coffee Bean, on the other hand, is a single ingredient product that provides green coffee bean which is rich in antioxidant polyphenols called chlorogenic acid. Research supporting the benefits of green coffee bean suggest it can improve blood sugar levels after eating. This effect may be related to its ability to limit the amount glucose released from the liver.

12. Q: I experience heartburn with MelaTrim. What should I do?

A: If you are sensitive to spicy foods or have a delicate stomach, there are two things you can do to minimize this effect. First, we recommend consuming CalciuMK+ with MelaTrim, making sure you also drink a sufficient amount of water to prevent the capsule from getting stuck in the esophagus. Secondly, staying in an upright position immediately after consuming MelaTrim will ensure the capsule makes its way to the stomach before opening.

13. Q: Do I have to drink the suggested amounts of water?

A: Consuming an adequate amount of water has many benefits. Water prevents dehydration, which can diminish energy levels. Staying hydrated can also support healthy brain function. Mild dehydration can impair mood and memory. Water is also important to proper elimination, which is an important aspect of the 7-Day Detox Program. The amount of water recommended in the plan is simply a guide. Use your best judgment by listening to your body. If the amount of water recommended in the plan makes you physically uncomfortable, cut back on the amount of water you drink. The key is to drink an adequate amount of water to properly hydrate, but not to a point of discomfort.

14. Q: Can I consume ENERGY and PURE Café on the Detox program?

A: Throughout any given day, you can consume PURE Café and ENERGY. As noted on the PURE Detox Daily Calendar, the suggested

recommendation is either ENERGY or PURE Café, but not both together. These products provide natural sources of energy that boost mental focus. While both products boost energy levels, PURE Café contains additional ingredients that boost metabolism and help curb appetite. These effects can be very beneficial during the 7-Day Detox Program. It is not recommended to consume more than three servings a day of a combined total of these products.

15. Q: Can I consume more than one ENERGY or PURE Café during the day?

A: While following the 7-Day Detox Program, it is suggested to take one serving of PURE Café or ENERGY during breakfast and one serving of ENERGY mid-afternoon. You can replace a serving of ENERGY mid-afternoon with a serving of PURE Café. For best results, we discourage exceeding a combined total of three servings daily of both products.

16. Q: Can I take GPS products during the Detox program?

A: GPS Hydrate is a critical component of the 7-Day Detox Program. GPS Adapt may be used as well. If desired, you can also consume a serving of GPS Rebuild in place of either Matcha Vegan Shake or 360 Complete Shake.

17. Q: Can I take GPS Rebuild on Cleanse days?

A: The greatest way to achieve success is to follow the 7-Day Detox Program as outlined. Shakes are not recommended on Cleanse days. If you choose to drink GPS Rebuild, use it in place of Matcha Vegan Shake or 360 Complete Shake on Shake or Meal days. Keep in mind, there are attributes to Matcha Vegan Shake and 360 Complete Shake that help weight loss. For example, 360 Complete Shake contains a unique potato extract that supports healthy weight loss by releasing cholecystokinin (CCK), a natural peptide that induces feelings of fullness. Matcha Vegan Shake contains matcha green tea, which naturally boosts the metabolism and supports the body's detoxification process of elimination.

18. Q: Can I consume 360 Complete Shake instead of Matcha Vegan Shake?

A: Yes.

19. Q: Are Matcha Vegan Shake and Greens the same thing?

A: Matcha Vegan Shake is an excellent protein meal supplement or replacement when recommended as part of the 7-Day Detox Program. Protein helps maintain lean muscles. Use this product as outlined in the PURE Detox Calendar. Greens, on the other hand, does not provide protein or a significant source of nutrients needed during a typical meal. Greens is a mix of beneficial superfoods, botanicals, superfruits and mushrooms. It is an excellent source of phytonutrients that provide a multitude of health benefits, such as strengthening the immune system. This product is an excellent way to supplement the daily requirement of fruits and vegetables.

20. Q: Can I skip or replace products in the Detox program?

A: The best way to ensure success of the 7-Day Detox Program is to follow as outlined. Skipping or replacing products is not recommended.

21. Q: Why am I having headaches while participating in the Detox program?

A: There are many factors that can cause a headache and some may not be related to the 7-Day Detox Program. If you do experience a headache, it will most likely occur within the first two days of the program. As you transition away from your typical eating patterns to healthier, nutrient rich food, you may experience a headache. During this time, you are restricting your overall food intake, which may also contribute to this effect. This will pass if your headache is related to following the plan. Some have found their headache is related to hunger. This can be significantly improved by consuming broth. If you have a medical condition, please consult your doctor before following the 7-Day Detox Program. If your headache persists much longer than usual, consult your physician.

22. Q: What can I do when I'm hungry during the Detox program?

A: Listed within the PURE Detox Food Guide is a section titled Consume Freely. This includes pure, filtered water, broth (vegetable, chicken or beef), herbal tea and dill pickles. These can help take the edge off when you are feeling hungry.

23. Q: Can I drink alcohol during the Detox program?

A: Drinking alcohol is not recommended when following the 7-Day Detox Program.

24. Q: How should I take HealthTrim® Cleanse? Can I mix it with something?

A: Some dislike the taste of HealthTrim Cleanse liquid. One option is to put your dropper full into your CalciuMK+. This does not mask the flavor completely, but it makes it more palatable. While HealthTrim Cleanse is taken during the evening, as part of this plan, you can also take it during breakfast, if you are mixing your Daily Build, GoYin and superfruit juices together. Lastly, you may choose to take HealthTrim Cleanse capsules.

25. Q: Can I drink orange juice during the Detox program?

A: It is not recommended to consume orange juice while following the plan. The fruits available on the PURE Detox Food Guide were specifically chosen, as they contain significantly less naturally-occurring sugars compared to other fruits and fruit juices. A key element of this plan is to choose foods that have a lower glycemic response. Foods like orange juice facilitate a higher production of insulin, which, while important to maintaining normal blood sugar levels, can contribute to the storage of fat in the body and increase feelings of hunger.

26. Q: Can I increase my consumption of HealthTrim® Cleanse?

A: It is suggested to follow the recommended usage statement on the HealthTrim Cleanse labels. For HealthTrim Cleanse liquid, you can increase up to 4 full droppers daily. You can take up to 8 capsules daily of HealthTrim Cleanse capsules.

27. Q: Can I take HealthTrim Cleanse in the morning if I'm not regularly eliminating?

A: HealthTrim Cleanse may also be taken in the morning, if desired.

28. Q: What do I do if I get sick when following the PURE Detox program?

A: Reasons for sickness vary significantly. The plan itself, if followed as outlined, will not cause sickness. If you become sick, seek the advice of a medical doctor.

29. Q: What products should I take after completing the Detox program?

A: Continue with CORE4: Daily Build, GoYin, HealthTrim Cleanse and ENERGY. These four products are the foundation of the entire product line. As you assess your personal needs, you may want to continue with Mila, which is a great source of omega-3 fatty acids, fiber and plant-based protein. Other product favorites are Organic Sulfur and Mangosteen. After following the program, you likely found some products that you really liked and will want to continue taking them.